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Canucks fans score goats for Kenyans

CHARITY Growing a goatee in support of the Canucks' playoff run was not quite enough for a local roller hockey team.

After a few beers, Joel Nagtegaal of Langley and his teammates decided to donate a goat to a village in Kenya for each playoff game the Canucks won.

"We started with a Facebook group for the guys on the team, but then they told their friends who told their friends and it just went from there," Nagtegaal said yesterday.

To date, 875 goats have been purchased through the "Goat Canucks Goat" charity. They will be delivered in July.

"It was quite amazing and shows that there are some great people out there," Nagtegaal said.

KELSEA BLOXAM/
FOR METRO VANCOUVER

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

On metronews.ca

- **Share your SunnySide thoughts on Twitter using #sunnyside**
- **See what other Metro readers are doing and saying about SunnySide**
- **Enter for a chance to win a Sony Blu-ray player**

Today

- **Anne Hines on haggling your way into the history books, pg 6**

JEFF HODSON/FOR METRO VANCOUVER

Michael McKnight, president and CEO of the United Way of the Lower Mainland, outside his Burnaby office.

Digging deeper in difficult times

JEFF HODSON
jeff.hodson@metronews.ca

Recessionary times can be a double-edged sword for charities, which see their donations shrink while the demands for their services swell.

But while the downturn may make it difficult for some people to donate money, said Michael McKnight, president and CEO of the United Way of the Lower Mainland, it shouldn't impact people's ability to engage in their community.

"Get out and volunteer," McKnight suggested. "Get out and spend a little time cleaning up your neighbourhood. Talk to the person that you haven't talked to down the street … Those are the things that make a community stronger and a better place for all of us to live."

Donations to the United Way, an umbrella organization that fundraises for a wide-range of charities, were down 15 per cent in 2008. But it met its commitments despite the shortfall by drawing from a contingency fund.

McKnight said he expects 2009 to be a difficult year, but one that promises better economic news.

He also said that there's research that indicates when times are tough, those who are able to donate dig deeper.

The tough economic times are also motivation for the organization itself to improve its efficiency, he said.

"We can have however a severe economic crisis; if people are engaged in this community, it's going to be stronger. It's going to rebound better. It's going to be a better place to live no matter what."

Donations

- Michael McKnight said 80 per cent of the United Way's donations come from workplace campaigns. Last year's shortfall can be partly explained by the fact that some businesses ceased to operate in the area.

SunnySide

Man found stabbed in local park

KRISTEN THOMPSON
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CRIME A 23-year-old man is in serious but stable condition after being found stabbed in Queen Elizabeth Park early yesterday morning.

The stabbing — the city's third in three days — likely took place between midnight and 2 a.m., according to Vancouver police. Insp. Mike Cumberworth.

He said the victim was leaving his job at Seasons in the Park restaurant when he was attacked by two unknown men.

"The reason for the attack is unknown. However, from what the investigators have pieced together, it does appear to have been targeted," Cumberworth said.

Investigators were on the scene yesterday, combing through the brush near the crime scene for evidence.

The victim was not known to police.

The two other stabbings took place early Saturday morning. Two men were taken to hospital after being attacked at a home in the 2500 block of East 45th Avenue.

Insp. Dean Robinson said a passerby noticed an injured man outside a home and called police. The second stabbing victim was found inside the house.

Both men were taken to hospital with non-life-threatening injuries.

No suspects have been identified in either of the cases.

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Top police earners revealed
More than 345 employees of the Vancouver Police Department make more than $100,000 per year, according to information obtained through freedom of information by CityCaucus.com. The highest paid employee, Chief Jim Chu, earned $268,000 last year. METRO VANCOUVER

Local

Study ranks B.C. hospitals

St. Paul's Hospital and Vancouver General Hospital were ranked as the second and third best-performing hospitals in B.C. in a report by the Fraser Institute. Eagle Ridge Hospital in Port Moody ranked first, while hospitals in Maple Ridge, Trail and Campbell River were among the worst. The study looked at 39 categories such as infections, deaths and patient safety, which includes foreign objects being left in bodies during operations. CBC.CA/BC

News in brief

BALLOTS Hundreds of uncounted absentee ballots will be tallied starting today to determine the MLA for Delta South, where attorney general Wally Oppal has a three-vote lead over independent Vicki Huntington after the May 12 election. The results are expected by Wednesday.

HOTELS Some Vancouver hotels have dropped their rates by as much as 20 per cent to attract travellers, CBC News Online reports. Tourism Vancouver is forecasting a 10 per cent drop in the number of visitors to the city this summer.

ARREST A 26-year-old New Westminster man is under arrest and facing charges for planning the murder of three Vancouver-area men. RCMP allege Aleksandar Radjenovic attempted to facilitate the murders, supplied weapons and logistical support.

MISSING GIRL Mounties are looking for a 14-year-old girl who went missing from a Greyhound bus station in Chilliwack. RCMP say Allanna Tatchell is believed to be "mixed up with older youths and drugs." The five-foot-four girl has a scar under her chin.

METRO NEWS SERVICES

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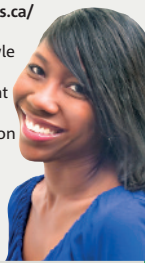
WHAT'S ONLINE TODAY

Video Postmaster on tricked-out bicycle among the most popular soldiers in Kandahar at **metronews.ca/canada**

Video In a rare step, Michaëlle Jean publicly urges the government to create an Inuit university at **metronews.ca/canada**

Blogs Style columnist Kenya Hunt checks in with fashion hits from Cannes.



Lotteries

Friday, May 22
Lotto Super 7: 1, 12, 17, 19, 25, 31 and 38. Bonus: 41.
Extra: 4, 46, 61, 73
Saturday, May 23
Lotto 6/49: 7, 8, 15, 24, 27, 32. Bonus: 34
BC 49: 1, 15, 25, 28, 30 & 38 Bonus 14
Extra: 30, 66, 83, 94
These results are not official.

Plans for bike race on course

More than 350 racers have signed up to ride through mountains

JEFF HODSON
jeff.hodson@metronews.ca

With registration closing June 2, more than 350 riders have signed up so far to take part in an epic seven-day mountain bike race through the mountains of Coastal B.C.

"The preparations for the course are in place and we're now just finalizing the details," Andreas Hestler, a spokesman for B.C. Bike Race, said yesterday.

He spent the day on the North Shore at BikeFest, a family festival for cycling enthusiasts.

The B.C. Bike Race on the other hand is a seven-day all-inclusive stage race aimed at the ultimate "weekend warrior." It leaves Vancouver June 28 and arrives at Whistler on July 4.

JEFF HODSON/METRO VANCOUVER

A rider takes part in a B.C. Cup downhill race at Seymour Mountain in North Vancouver yesterday. The race was one event in the inaugural three-day North Shore BikeFest.

Organizers had hoped for 450 participants, but got off to a slow start because of the tough economic times.

Despite lower numbers than anticipated, Hestler said the race is "ahead of the curve," and points to five new stage races — including one in Kamloops — that have started up around the world in the past year.

"Obviously we're on to something … all of these other events are validating what we're doing and have their own flavour."

This year's race, the third annual, features significant changes to the first three stages, including a new Vancouver starting line that has racers ride across the Lions Gate Bridge.

This weekend saw the return of bike racing to the north shore, with a cross-country and downhill race, both part of BikeFest 2009.

Festival organizer, James Wilson, who also owns North Vancouver's Obsession: Bikes, said his goal was to create a family atmosphere that fosters a love of biking.

Rescued seal released into ocean

KRISTEN THOMPSON
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WILDLIFE A female Northern elephant seal rescued from Esquimalt by staff at the Vancouver Aquarium has been re-released into the ocean near Sooke.

Staff from the Aquarium's Marine Mammal Rescue Centre travelled to Vancouver Island to release Cow, who was rescued on April 6 after being found stranded on Rainbow Beach.

The seal was diagnosed with skin disease and prescribed antibiotics.

After more than six weeks of rehabilitation, Cow began to eat on her own and had gained weight. Her ulcers were also healed and her hair had grown back.

PHOTO COURTESY OF THE VANCOUVER AQUARIUM

Vancouver Aquarium staff usher Cow, a Northern elephant seal, toward the ocean upon her release near Sooke.

"Once Cow made her way independently from the beach into the water, she began to swim right away," said Lindsaye Akhurst, a coordinator at the rescue centre.

"Her head popped out of the water as she swam, and this is maybe the last time we'll ever see her again."

Shattering of cruiser window leads to chase, two arrests

KRISTEN THOMPSON
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POLICE A late-night high-speed police chase that led officers from Surrey to Richmond ended with the arrest of two people.

RCMP said an officer was conducting routine vehicle stop on 123A Street around 3:45 a.m. yesterday when he heard a "whizzing sound" and the rear window of his cruiser shatter.

When he turned around he saw a vehicle speeding away.

"A few minutes later, a second member attempted to stop a vehicle near 80th Avenue and 120th Street," Insp. Dave Attfield said.

"This vehicle failed to stop and was pursued into Richmond where it was stopped in the area of No. 4 Road and Alderbridge Way."

A police helicopter as well as officers from Delta, New Westminster and Richmond helped follow the car until it could be stopped.

"At this stage there is no evidence available that clearly connects the damage to the police vehicle to the pursuit," Attfield said.

"The exact cause of the broken rear window is not known although a bullet, pellet or other projectile is suspected."

Man faces charges after friend's suicide

GUN A North Vancouver man has been charged with helping his depressed friend commit suicide by giving the man the loaded shotgun he used to kill himself, RCMP said.

Police allege Paul Adrian Fraser, 21, gave a shotgun to Robert Milot, 20, in exchange for keys to a BMW.

Fraser was under a court order forbidding him from possessing firearms.

RCMP also said that Fraser allegedly showed Milot how to use the gun to kill himself, which he did the day after receiving the weapon.

METRO VANCOUVER

Probe after officer fires gun

INVESTIGATION An investigation has been launched after a junior officer with the Vancouver Police Department fired his gun during the arrest of a man who was allegedly wielding a knife downtown.

Police got a call just before 10 p.m. on Saturday about a man waving a knife near Hastings and Richards streets.

Two officers chased the man and one of them ended up shooting his gun, hitting his cruiser.

Police say it's possible the officer's gun went off by accident.

The suspect, who is known to police, was arrested and will likely face charges. METRO NEWS SERVICES

Man convicted of war crimes in Canadian court
A Canadian court found Desire Munyaneza, a Rwandan man, guilty Friday of genocide, crimes against humanity and war crimes for his role in the 1994 Rwanda genocide, making him the first person convicted under Canada's war crimes act. REUTERS

Canada

Canadian flight brings flu to UAE

A man who arrived on a flight from Canada has been confirmed as the first case with influenza A (H1N1), also known as swine flu, in the United Arab Emirates, the Gulf state's health minister said yesterday. Hanif Hassan Ali told the state news agency WAM the man was being treated in hospital. "His symptoms have subsided but the treatment will continue for 10 days according to the medical procedure," he said. "Passengers on the same flight have not shown any symptoms." REUTERS

Toronto **Spellbound**

RENE JOHNSTON/TORSTAR NEWS SERVICE

Shaylynn Loween, 8, looks shocked as she spells "brilliant" at the 22nd annual Spelling Bee of Canada Championship Finals at the Delta Chelsea Hotel in Toronto yesterday. Kids aged six to 14 from across the country participate in the bee every year.

Tories plan EI changes

Moves fall short of opposition demands: Source

Human Resources Minister Diane Finley is announcing improvements to the employment insurance program today but it won't be enough to head off a collision with the Liberals that threatens to derail the Conservative minority government and force a spring election.

Finley's initiative is meant to help laid-off workers but a senior government source said it's nothing like the major overhaul of the EI system being demanded by opposition parties.

Liberal Leader Michael Ignatieff has threatened to topple Prime Minister Stephen Harper's government unless the Conservatives reform EI to make it easier to workers who lose their jobs to access insurance payments.

REUTERS FILE PHOTOS

Liberal Leader Michael Ignatieff has threatened to topple the Conservatives led by Prime Minister Stephen Harper, above, if EI isn't made more accessible.

The Liberals want the government to establish a national threshold of 360 paid hours of work for workers to qualify for EI during the economic downturn. Currently, depending on where a worker lives, it takes between 420 and 910 hours of paid work to be eligible.

A government spokesperson said yesterday the Conservatives have no intention of meeting that demand. "We would have to raise payroll taxes to do what the Liberals and NDP want and we are not going to do that," the spokesperson said.

And Finance Minister Jim Flaherty yesterday repeated his opposition to a major EI overhaul.

"What Canadians are looking for is a system that works properly," Flaherty said. TORSTAR NEWS SERVICE

Police seek car seat in Stafford case

MISSING The search for the remains of eight-year-old Victoria (Tori) Stafford has entered its sixth day and Oxford Community Police are asking southern Ontario residents to be on the lookout for the back seat of the suspect vehicle.

On Friday, investigators released photos of a 2003 blue four-door Honda with marks of black spray paint.

Police believe the car, along with the young Woodstock, Ont., girl and her two alleged kidnappers, was at a Home Depot parking lot during the early evening of April 8 — the day Stafford disappeared.

Yesterday, Const. Laurie-Anne Maitland said they are searching for a missing part — the entire back seat.

"The entire back is missing," she said. "We're just asking people to be on the lookout."

TORSTAR NEWS SERVICE

Charges

- Michael Rafferty, 28, is charged with first-degree murder and abduction while Terri-Lynne McClintic, 18, is charged with abduction and being an accessory.

Ensuring meat safety impossible: Union

INSPECTORS Federal meat inspectors are each responsible for monitoring about five plants on average — a workload that makes ensuring safe food impossible, says their union.

In a staffing survey to be released today, the agriculture union says it's impossible for meat inspectors to complete minimum safety tasks in more than two plants.

In Toronto, the Canadian Food Inspection Agency has 34 inspectors assigned to 117 meat production and storage facilities, the union report says.

With leave time factored in, that amounts to 4.6 plants per inspector, the union calculates.

Estimate

- The union estimates inspectors need about 800 hours a year to complete mandatory inspection tasks inside each ready-to-eat facility they oversee.

Inspection oversight is similar in three regions surveyed with the peak workload in Vancouver at nearly six plants per inspector.

"We've shown that it's mathematically impossible for inspectors to do what they've been given to do," said Bob Kingston, president of the union representing CFIA inspectors.

TORSTAR NEWS SERVICE

Jail sentence in terrorism case

TORONTO 18 A Toronto-area man convicted of belonging to a group plotting al-Qaida-inspired attacks on Canadian landmarks has been sentenced to 2½ years in jail, the first sentence handed out in the so-called "Toronto 18" case, media reported Friday.

The 21-year-old, who cannot be named as he was tried under youth justice laws, has already spent two years in custody and will likely be released Friday due to credit for time already served, the CBC reported.

One of 18 charged following a 2006 police sting, he was found guilty last year of knowingly participating in a terrorist group.

Since the arrests, charges have been dropped against seven people, while one man pleaded guilty earlier this month to playing a role in the plot.

REUTERS

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Several wounded in violence at Sikh temple in Vienna

At least nine people were wounded when armed men attacked a preacher and worshippers in a Sikh temple in the Austrian capital Vienna yesterday, police said. Local authorities and witnesses said the violence involved members of several Sikh temples in Vienna who had been at odds for several years. Police said six people were arrested. REUTERS

World

Kurdish party members held

A pro-Kurdish demonstrator flashes a V-victory sign, left, as he holds up a pair of handcuffs during a protest in the Turkish capital of Istanbul yesterday. Thousands of pro-Kurdish Democratic Society Party supporters gathered in an Istanbul square to protest the detention of 51 party members suspected of having links to the separatist Kurdish rebel group PKK. REUTERS

Netanyahu rebuffs freeze

Israeli PM defies U.S. calls for halt to West Bank settlement

Israeli Prime Minister Benjamin Netanyahu yesterday rebuffed U.S. calls for a full settlement freeze in the occupied West Bank and vowed not to accept limits on building of Jewish enclaves within Jerusalem.

Netanyahu's defiant stance set the stage for a possible showdown with U.S. President Barack Obama, who, in talks with the new Israeli prime minister in Washington last week, pressed for a halt to all settlement activity, including natural growth, as called for under a long-stalled peace "road map."

Benjamin Netanyahu

Barack Obama

"The demand for a total stop to building is not something that can be justified and I don't think that anyone here at this table accepts it," Netanyahu told his cabinet, referring to Jewish settlements in the West Bank, an official said.

Netanyahu said Israel had no plans to set up any new West Bank settlements. But he told Obama, according to the official, that his government "does not accept limitations on building" within what Israel calls its capital, the Jerusalem municipality, an area that includes Arab East Jerusalem and parts of the West Bank captured in a 1967 Middle East war.

Palestinians want their own state in the West Bank and the Gaza Strip with its capital in Jerusalem. Settlement building in the city is a particularly sensitive issue for both sides.

"What we are interested in seeing is that Israel should implement its obligations under the road map, which includes halting settlement activity and expansion in all its forms," Palestinian Public Works and Housing Minister Mohammed Shatayyeh said.

He added that if Israel wanted to show it was serious about peace talks with the Palestinians it should stop providing utilities to settlements and deny them state funding. REUTERS

FAISAL MAHMOOD / REUTERS

An internally displaced girl, fleeing a military offensive in Buner, offers prayer inside her family tent at the International Aid Foundation refugee camp in Swabi district, about 120 kilometres northwest of Pakistan's capital Islamabad.

Morocco music festival ends in deadly stampede

RABAT Eleven people were killed in a stampede at a stadium in the Moroccan capital Rabat yesterday when thousands of spectators hurried to leave at the end of a concert wrapping up the city's landmark music festival.

The stampede caused a fence to give way, killing five women, two teenagers and four men. Forty other people were injured.

The victims were among 70,000 spectators at a concert by Moroccan pop star Abdelaziz Stati at the Hay Nahda soccer stadium in Rabat, put on as part of the annual Mawazine festival. REUTERS

News in brief

GUANTANAMO The top U.S. military officer yesterday pushed for the closure of the Guantanamo Bay prison despite rising resistance in Congress, saying it serves as a "recruiting symbol" for America's enemies. Admiral Mike Mullen rallied behind U.S. President Barack Obama's move to close the detention facility at the U.S. naval base in Cuba.

SPACE U.S. space shuttle Atlantis capped an extended 13-day mission to update the Hubble Space Telescope yesterday with a flawless landing at Edwards Air Force base in California. The shuttle landed under clear blue skies at 8:39 a.m. Pacific standard time after foul weather stymied two days of landing attempts. REUTERS

Philippines **12 killed in ferry disaster**

REUTERS/STRINGER

Children play on a submerged ferry after it was towed to the shoreline of Puerto Galera resort in the city of Batangas, in the Philippines yesterday. At least 12 people, including three children and a Japanese tourist, drowned on Saturday when the boat bound for Puerto Galera overturned and sank in rough waters. Another 52 people were rescued and eight are still missing.

Bombing kills 6 policemen in Somalia

MOGADISHU A suicide bomber killed six policemen and a civilian yesterday in Somalia's capital, where hardline Islamist insurgents and pro-government forces fired shells at each other for a third day running.

The deputy governor of Mogadishu said the bomber drove a 4x4 vehicle to the gate of a police headquarters and detonated it by the guards.

"Four died on the spot, two others died of serious injuries, and one civilian (died)," a police commander, who asked not to be named, told Reuters.

Rebel groups

- Islamist insurgent group al Shabaab, which the U.S. says has links to Osama bin Laden, has been spearheading the recent rebel offensive with allied guerrilla group Hizbul Islam. They stepped up attacks in the capital early in May.

A surge in violence this month has killed nearly 200 people in Mogadishu and forced some 60,000 residents from their homes. At least 53 people have died since Friday morning, when the government attacked rebel strongholds in the city.

Western governments fear Somalia, which has been mired in civil war for 18 years, could become a haven for militants unless a new government can defeat them. REUTERS

Pakistan strikes Taliban militants in northwest

GHALJO Pakistani aircraft bombed Taliban militants yesterday in the Orakzai ethnic Pashtun region, killing at least seven, while soldiers battled insurgents in the main town of the Swat region, officials said.

Pakistan, a vital ally of the U.S. as it struggles to stabilize Afghanistan, is engaged in its most concerted effort to roll back a spreading Taliban insurgency. The army launched an offensive this month after militants, emboldened by a controversial peace deal, pushed out of the Swat valley to conquer neighbouring districts.

Government fighter aircraft bombed militant hideouts in several strikes on three villages over the course of several hours, said Yaseen Khan, a senior government official in the region's main town of Ghaljo.

"We have seven confirmed dead but there must be a bigger number of casualties as these were very precise and accurate strikes," Khan told Reuters.

A Taliban spokesman in the region, Maulvi Haider, said 13 of his men had been killed and he vowed revenge.

"We'll hit back and our target could be anywhere in Pakistan," Haider said by telephone. REUTERS

Target

- Residents said the aircraft had struck a madrasa, or Islamic religious school, which was being used by the militants.

North Korea says it held successful nuclear test

SEOUL North Korea said it successfully conducted a nuclear test yesterday, a move certain to further isolate the impoverished state which argues it has no choice but to build an atomic arsenal to protect itself in a hostile world.

"(North Korea) successfully conducted one more underground nuclear test on May 25 as part of the measures to bolster up its nuclear deterrent for self-defence in every way," its official news agency said.

It added that the underground test "was safely conducted on a new higher level in terms of its explosive power and technology of its control."

North Korea has for weeks threatened to conduct the test in response to tighter international sanctions following its launch of a rocket in April. The state said that launch was to put a communications satellite into space. The international community said it was a disguised long-range missile.

Pyongyang also said it would no longer be a party to regional talks on giving up attempts to build nuclear weapons. REUTERS

Russian group mulls Facebook investment: Report
A Russian Internet group, Digital Sky Technologies, has offered to invest $200 million US in Facebook in a deal that would value the social networking site at $10 billion, the Wall Street Journal reported Friday. REUTERS

Business

Flaherty sees signs of recovery

Finance Minister Jim Flaherty said last week that there are promising hints of a recovery in the domestic economy. Government data showed retail sales rose for a third straight month in March, though the combined increase has not made up for steep drops at the end of 2008. Signs of improvement can also be seen in consumer confidence levels and in credit markets, Flaherty said. REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Outlook for banks muddled

Swollen loan losses, soaring writedowns and slumping profits — it's enough to make even seasoned bank shareholders run for cover.

But with Canadian bank stocks on a rebound since March, wary investors are wondering whether it would be wise to hang on for the long-term or head for the exits while the getting is still good. Analysts appear divided on the issue, but surmise that the upcoming round of second-quarter earnings should provide some sense of direction.

Trouble spots

- The key trouble spots are likely defaults in credit card lending, while commercial mortgages are also expected to show increasing signs of stress.

Banks, meanwhile, are facing a delicate balancing act for the remainder of fiscal 2009. In order to stay profitable, they have to keep loans flowing, while boosting some rates because the recession is rife with risk. At the same time, they must sop up climbing credit losses and maintain plump capital cushions.

While acknowledging that the economic outlook remains murky, bank bulls argue this earnings season marks a turning point. For the first time in about 18 months, those much-maligned capital markets-related writedowns are not expected to eclipse the earnings parade.

The running tally of those charges hit $20.24 billion for the "Big Six" at the end of January. While more writedowns are anticipated for the February-to-April quarter, some analysts suggest this batch of reports could signal those charges are on the wane.

Those in the bear camp, however, are advising caution because bank stocks remain fraught with risks. John Aiken of Dundee Capital Markets has a majority of "sell" ratings on Canadian banks, most because they are bracing for more bad loans as jobs are lost and consumer bankruptcies soar. TORSTAR NEWS SERVICE

Business in brief

METALS Canadian base metals stocks took it on the chin last year, losing more than two-thirds of their value. Now they are back with a vengeance, more than doubling since early March, and analysts say stock fundamentals and the longer-term prospects for economic recovery suggest there's plenty more upside in the sector.

TRADE Canadian wheat and barley will face a major competitive disadvantage in South America unless Ottawa ratifies free-trade agreements with Peru and Colombia, says federal Agriculture Minister Gerry Ritz. REUTERS

Australia 50 years of the Mini

SERGIO DIONISIO/GETTY IMAGES

Mini enthusiast Rebecca Hatch wipes her Mini Coopers during the 50-year celebration of the Mini in Australia at Harold Park Raceway yesterday in Sydney. This showcase featured the largest gathering of Mini vehicles Australia has seen.

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Comment & Views

Comment

The shopping goddess

HineSight

In every age there are certain people who achieve such outstanding excellence in their chosen field of endeavour they become legendary. Shakespeare. Van Gogh. Wayne Gretzky. And, I would add to that list, my mother-in-law, Glenda.

Glenda shops. No, the rest of us shop. We average consumers decide we need something, go into a store, determine if the price is reasonable and buy it. That's shopping. That sort of shopping is to Glenda what a round of miniature golf would be to Tiger Woods.

To Glenda, a garage sale is like shooting fish in a barrel. Glenda big-game bargain hunts. She makes shopping an extreme sport. In her world, store flyers become racing forms. And the "suggested retail price" is merely an opening bid.

Among our circle of friends, to "Glenda" a purchase means you talked the seller down to half the ticket price, snagged a gift with purchase and got a voucher for a free lunch. Minimum. She's got membership pricing from stores that don't actually offer memberships.

Sunny Side

Recently, I managed a "Glenda." In a local junk store, I spotted three pieces of Evesham china. I love Evesham china. I do not own Evesham china because it costs more than china should cost unless it comes with a car or a small country. But I thought, possibly, at junk-shop rates, I could afford one piece.

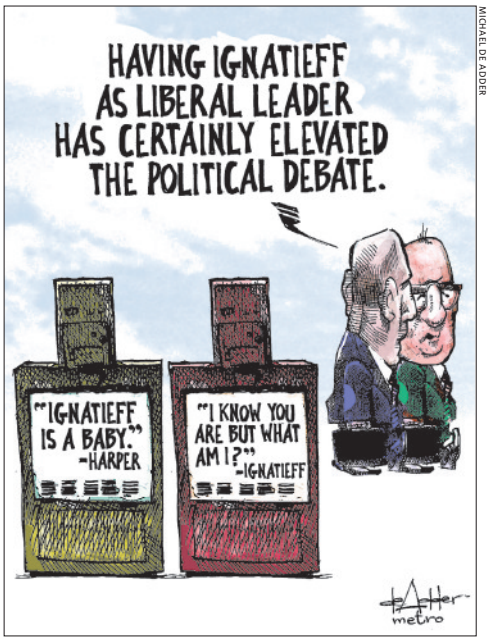
The clerk announced, "We're selling all three pieces together." My heart sank. "And," she said, "the price is seven."

There was a long pause as my brain tried to connect the number seven with anything that made sense in terms of the normal price of these items. Seven camels? Seven years of indentured servitude? Seven years of paying it off on my Visa? Finally, I sputtered, "Seven *dollars?*"

I left the store with that Ikea ad running in my head, "Start the car! Start the car!" raced to Glenda's place and proudly displayed my prize. Her eyes glistened. Then she said what made me realize how truly outclassed I was. "Did you try to talk them down?"

In northern Vietnam there are a people called the Red Daos. Travellers report this tribe has taken the art of haggling to heights unseen in the rest of the world. If some day Glenda goes missing, I'll know she's been spirited away, asked to be their queen. But she'll refuse. She'll hold out for goddess.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.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MICHAEL DE ADDER

Views

Politicians on slow train to nowhere

InTransit

This Wednesday, Vancouver Mayor Gregor Robertson will travel to Portland to speak at the Cascadia Rail Partnership Conference — a gathering of transport pundits, policy wonks and politicians focused on bringing high-speed rail to the corridor stretching between Vancouver and Eugene, Ore.

The group should be especially energized, thanks to last month's funding announcement by U.S. President Barack Obama — pledging $8 billion for high-speed rail along major population corridors, including the Pacific Northwest.

But frustrated Vancouverites stuck in airport queues or traffic jams en route to the U.S. West Coast would be wise not to envision themselves rocketing down the I-5 corridor in a Shinkansen bullet train just yet.

Here's why.

While $8 billion seems like a considerable sum of money, it is merely a drop in the bucket — especially when our own government has committed nothing. High-speed rail is prohibitively expensive — and both Canada and the U.S. are, lamentably, several decades behind the key investments that have been made in Asia and Europe.

Recently, I spoke with a consultant to JR Railways Group, the firm that operates Japan's famous high-speed rail lines. He argued that Obama's money, divided over 10 projects, won't go far at all for any kind of new high-speed rail developments. What it will do is improve upon existing rail routes.

So the prospect of a bullet train screaming into Pacific Central Station is still a pipe dream.

Of course, money is only part of this story. The other, perhaps more pivotal aspect, is that of government will and vision. Sadly, our federal leadership has none of either.

To date, judging by its silence on the matter, it seems Ottawa would rather have nothing to do with this undertaking. Even when federal politicians do mention high-speed rail — like Liberal Leader Michael Ignatieff has done of late — they tend to dwell on Ontario and Quebec.

British Columbia — surprise, surprise — is an afterthought.

Of course, the feds are still taking heat here — and rightfully so — for the embarrassing plight of the second Amtrak train connecting Vancouver to Seattle. The Canadian Border Services Agency is holding up the expansion of the slow-speed service by demanding $1,500 per day from the U.S. railway operator.

If government bureaucrats are willing to quibble over such a piddly amount, they will never be on board for the vision or the cost required for anything remotely more ambitious.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

Worth mentioning

Opposites do attract in search for mate: Study

When it comes to choosing a mate, opposites really do attract, according to a Brazilian study that found people are subconsciously more likely to choose a partner whose genetic makeup is different from their own.

They found evidence that married couples are more likely to have genetic differences in a DNA region governing the immune system than were randomly matched pairs.

This was likely to be an evolutionary strategy to ensure healthy reproduction because genetic variability is an advantage for offspring, Maria da Graca Bicalho and her colleagues at the University of Parana in Brazil reported.

"Although it may be tempting to think that humans choose their partners because of their similarities, our research has shown clearly that it is differences that make for successful reproduction, and that the subconscious drive to have healthy children is important when choosing a mate," Bicalho said.

Scientists said it was not clear what signals attract the body to people who are genetically dissimilar to themselves, but suggested body odour or even face structure could play a role.

Many researchers have found evidence that animals are attracted to members of the opposite sex with differences in major histocompatibility complex or MHC, an immune system factor that also plays a role in having healthy offspring.

REUTERS

Metro Online Poll Results

67% SAID YES	Would Tory tactics to delay a non-confidence motion hurt their election chances? *Weigh in on today's question at metronews.ca*	33% SAID NO

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Find cleaning rags around the house

Why buy cleaning cloths and wipes when you can reuse so much of what often goes into the garbage. Old towels and cotton underwear, well washed, make the best cleaning rags. TORSTAR NEWS SERVICE

Going Green

Tree planting tips

If you have a yard, consider planting a deciduous tree on the south side of your lawn to block the sun during the summer, and let in solar energy during the winter when it sheds its leaves. If there's room, plant conifers on the north side to act as winter wind blocks.

TORSTAR NEWS SERVICE

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Environmental success stories

Significant progress has been made on some fronts, leading to optimism for others

EarthTones

Sometimes threats to the environment we are dealing with these days seem daunting. Global warming, deforestation, polluted air and water … the list goes on.

Certainly these are grave problems requiring international co-operation, however, international co-operation to solve an environmental problem is not without precedent. Although difficult, it has happened on several occasions and threats to the environment have been removed and environmental conditions have improved.

Since your columnists inhabit the Great Lakes area, one of the first to spring to our minds is Lake Erie. In the second half of the 20th century the water quality in Lake Erie declined dramatically due to phosphorus run-off. The high phosphate levels caused eutrophication and resulted in algal blooms. When this algal biomass started to decay it used up a large amount of the oxygen dissolved in the lake's water. The low oxygen concentrations in the water then led to fish kills. The large numbers of dead fish caused water quality to decline still further. At one point, one of Lake Erie's tributaries in Ohio actually caught fire. As you may have guessed, unpolluted water doesn't burn so this was an indication something was very wrong. Lake Erie became so infamous that Dr. Seuss' environmental classic The Lorax originally contained the line, "I hear things are just as bad up in Lake Erie."

Sunny Side

However, in 1972, U.S. Congress passed the Clean Water Act and an agreement was reached between the U.S. and Canada regarding the control of phosphorus entering the lake. Over time water quality in Lake Erie improved. By the mid-1980s, Lake Erie was an entirely different lake. Fish populations rebounded and the lake and its tributaries no longer caught fire.

Another example of international co-operation that has resulted in positive change is the Montreal Protocol. This international agreement concerned the ozone layer and the control of substances such as chlorofluorocarbons (CFCs) that deplete the ozone layer. In 1985, it was reported that the ozone layer, a layer of gas that prevents harmful ultraviolet light rays from reaching the Earth's surface, was significantly thinner and holes in this layer had appeared over the Arctic and Antarctic. CFCs were, amongst other things, used as propellants in aerosol sprays such as hairspray, which people used a lot of in the 1980s.

The Montreal Protocol, which phased out CFCs, was drafted in 1987 and came into force in 1989. Since then, ozone destruction has slowed and some projections have been made that, by 2050, the holes in the ozone layer will have closed up and the ozone layer will have recovered.

Of course Lake Erie and many other lakes in Canada still face damage from nutrients and other forms of pollution, invasive species, and a host of other challenges, and we all still need to slather on the sunscreen, but significant progress has been made on these fronts and should give us encouragement on others.

International co-operation to solve environmental problems is possible the way it exists — all we need is the will.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Flood B.C.'s endangered Similkameen? No dam way!

Eco-Minded

An American power company is plotting to dam a river in Washington State. It would flood a whack of B.C.'s endangered Similkameen Valley — home to rare and precious creatures.

Lose precious Canadian habitat to fuel insatiable American appetites? No "dam" way.

This is an international waterway and a cross-border dispute between "nations." On the American side, the federal government is dealing with this issue. In the other corner — plucky local Similkameen First Nations, B.C. politicians, and the Canadian Parks and Wilderness Society. These courageous defenders of Canada are fighting way over their weight. But how long can they keep it up?

Where's the cavalry? Why isn't our federal government at the table, flexing some political muscle and plugging up this dam idea, once and for all? I've got my theories, but they're unprintable.

Call to action

- The proposed Shanker's Bend dam would flood an area nine times the size of Stanley Park.
- Please email Canadian Environment Minister Jim Prentice: Jim.Prentice@ec.gc.ca. Tell him what you think of this "dam" idea.

The Similkameen is like a desert — it and the neighbouring Okanagan Valleys are both hot and dry. They have rattlesnakes, sunburned grasses and tiny burrowing owls the size of pop cans. It's already an endangered landscape. A little water might be good, you might think. Flooding, though? That sounds like bad karma.

Lend your support to your brave countrymen, and give our sleeping giant (the federal government) a prod.

BOB MCKAY PHOTOS

The Lewis woodpecker and the American badger are among the animals in B.C.'s Similkameen Valley endangered by a dam proposal in Washington State.

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC; vancouverletters@metronews.ca.

News in brief

CAMPING Before you head out to one of Canada's beautiful parks for that much anticipated camping trip, consider the following tips that will enhance your camping experience and care for the environment.

1. Sort your garbage: Bringing different waste bags to separate food scraps and other garbage from paper waste can be helpful. When sorted, recycled fibre paper napkins, like those from White Swan, can multitask to help you start a campfire later.
2. Use reusable dishes: Do not use styrofoam and plastic picnic dishes and flatware. Washing dishes can be a chore, but it will reduce the amount of garbage you produce onsite.
3. Repackage food: Remove all food packaging and repack it in reusable containers. Don't bring individual packed food items, and clean up all food scraps while camping.

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Price is right for Tampa
The Tampa Bay Rays intend to promote left-hander David Price, the first overall selection in the 2007 draft, to start the club's game against the Cleveland Indians today. Price made his major league debut last year and posted a 1.93 ERA through 14 innings during the regular season. METRO NEWS SERVICES

Sports

Sabbatini wins Byron Nelson

Rory Sabbatini, left, took the lead early in the final round and pulled away for a two-stroke victory at the Byron Nelson Championship yesterday. Sabbatini carded 64 to finish on 19-under-par 261 at the Four Seasons TPC. Brian Davis finished second, two strokes back. REUTERS

SPORTS@METRONEWS.CA

Red Wings trounce Hawks

Stanley Cup
2009 **Playoffs**

(Detroit leads series 3-1)

Detroit 6 Chicago 1

Marian Hossa and Henrik Zetterberg each tallied twice as the Detroit Red Wings bashed the Chicago Blackhawks 6-1 in Game 4 of their Western Conference final from United Center.

Valtteri Filppula added a goal and two helpers while Johan Franzen also scored for the Red Wings, who have taken a commanding 3-1 series lead.

Despite the absence of forward Pavel Datsyuk and star defenseman Nicklas Lidstrom to lower-body issues, Detroit will have its first chance to close out the series and advance to the Stanley Cup Finals in Game 5 at home on Wednesday.

Jonathan Toews notched the lone goal for the Blackhawks.

Chicago, which had to deal with the loss of starting goaltender Nikolai Khabibulin with a lower-body injury, has never rallied to win in the playoffs after facing a 3-1 series deficit.

METRO NEWS SERVICES

JIM PRISCHING/GETTY IMAGES

Detroit's Johan Franzen, from left, Henrik Zetterberg, Jiri Hudler, Niklas Kronwall and Brian Rafalski celebrate after Zetterberg's second-period goal yesterday against the Chicago Blackhawks.

Making a difference

JustSoccer

Ben Rycroft

metronews.ca/justsoccer

Sunny Side

It's never been easy to be a soccer fan in Canada. From problems that start with the Canadian Soccer Association, the sport's organizing body, to a lack of mainstream media coverage, to the politics that have crippled the game here — it has left more than a few fans of the beautiful game disenfranchised.

But one man, and a few others like him, have taken it upon themselves to circumvent the politics and start making changes on their own.

Meet Dino Rossi — perhaps the biggest supporter of Canada's national teams today.

"When Canada's national teams play here I want them to feel at home, for it to be an event and have a big crowd for our players — not to just be playing in front of their friends and family."
Dino Rossi

Sick of a lack of promotion for national team games, where only a couple thousand fans would show up, Rossi took it upon himself to become a one-man marketer for the sport.

Using mass emails from a list of contacts that rivals anything any organizing body in Canada has, he bought and sold (for no profit) 2,000 tickets to the men's national team game against Jamaica last year.

This year, to ensure the women's national team will have a good crowd tonight in Toronto against the U.S., he maxed out his credit card to move around $18,000 worth of tickets. Again for no profit.

So, why does he do it?

"When Canada's national teams play here I want them to feel at home, for it to be an event and have a big crowd for our players — not to just be playing in front of their friends and family," Rossi said yesterday.

"The CSA is not a marketing company ... this is a women's game, it should have been marketed where women will be listening."

It's the little things that can make a difference.

And fortunately, for the CSA and soccer fans alike, Dino is into the details. He bought seats where the TV cameras will be pointed, "to get better visuals," and pre-bought seats for Toronto FC supporters so they could sit where they normally do to watch the women play.

But despite a couple months of hard work, he was still sitting on 30 tickets as of Friday — $400 out of pocket.

"I was prepared for it ... I like to think though that if you do good things, good things will happen to you."

By Saturday, good things had happened — a group called up looking for exactly 30 tickets. He still won't break even; interest on his credit card has to be paid.

But the game in Canada continues to grow and it's thanks, in large part, to people like Rossi.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca.

Indy 500 Milking the moment

JEFF HAYNES/REUTERS

Helio Castroneves of Brazil celebrates with the traditional bottle of milk after he won the 93rd running of the Indianapolis 500 yesterday in Indianapolis, Indiana. Dan Wheldon finished second, while Danica Patrick was third. Paul Tracy of Toronto was ninth and Alex Tagliani of Lachenaie, Que., was 11th.

Spitfires win Memorial Cup

JUNIOR HOCKEY The Windsor Spitfires defied the odds en route to their first Memorial Cup championship yesterday.

The Spitfires became the first team in history under the current format to win the Canadian Hockey League title after starting the tournament with back-to-back losses, beating the Kelowna Rockets 4-1 in the final in Rimouski, Que.

Spitfires forward Taylor Hall, a top prospect for the 2010 NHL entry draft, was tournament MVP after helping the 34-year-old franchise win its first Memorial Cup.

"Our team's used to doing it the hard way and I don't think we'd do it any way but that," Spitfires blue-liner Ryan Ellis told Sportsnet. "We've done it together and it's special. We're never going to forget this and it's been a blast."

The Rockets, who had been off for four days after earning a bye to the final, were rusty early, allowing three goals in a 3:11 stretch starting 3:22 into the first period.

Adam Henrique, Dale Mitchell and Rob Kwiet did the offensive damage for the Spitfires in the first. Kelowna's Colin Long scored eight seconds into the second period, but Ellis delivered the knockout punch at 12:38 later.

Spitfires goaltender Andrew Engelage made 17 saves.

METRO CANADA

Cup winners

Past winners of the Memorial Cup
- 2008: Spokane Chiefs
- 2007: Vancouver Giants
- 2006: Quebec Remparts
- 2005: London Knights
- 2004: Kelowna Rockets
- 2003: Kitchener Rangers
- 2002: Kootenay Ice
- 2001: Red Deer Rebels
- 2000: Rimouski Oceanic
- 1999: Ottawa 67's

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Cincinnati 4 Cleveland 3 (11 ings)
Colorado 3 Detroit 1
Florida 5 Tampa Bay 4 (11 ings)
Kansas City 3 St. Louis 2
Philadelphia 4 N.Y. Yankees 3 (11 ings)
Texas 5 Houston 0
Pittsburgh 4 Chicago White Sox 3
Washington 8 Baltimore 5
Oakland 6 Arizona 2
L.A. Angels 10 L.A. Dodgers 7
Seattle 5 San Francisco 4
Minnesota 6 Milwaukee 3

NATIONAL LEAGUE

YESTERDAY
San Diego 7 Chicago Cubs 2

NHL

YESTERDAY
Detroit 6 Chicago 1

TOMORROW
Pittsburgh at Carolina

NBA

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Metro Workology exclusive: Head to Toe
In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

Flat tuition at U of T

A proposal to introduce a flat tuition fee at the University of Toronto's arts and science faculty will go ahead as the university's governing council has approved the plan to charge new full-time students at the St. George campus for five courses, regardless of how many they take, beginning in September 2011. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

GETTY IMAGES

Craig Knight, certified massage therapist, counts PGA Tour pro Rory Sabbatini, seen here, as one of his clients.

Getting the knots out

Massage therapy a lucrative and relaxing job market

Head to **Toe**

MAT LECOMPTE
for Metro Canada

There should be one word that comes to mind after reading the following job description: "You can work outdoors, year round with your hands, never get dirty or worry about developing chronic back pain."

That word: Lie.

Unless, of course, that statement was written about a massage therapist.

In addition to offering a form of pain-free manual labour, massage therapy offers plenty of financial incentive — the average price for a 60-minute massage is about a dollar a minute — and the option to choose your own hours.

Not a bad start. From providing spa-powered relaxation to treating sports injuries, massage therapy can be a good career choice for nearly anyone interested in health. Plus, who doesn't like a person who gives a great massage?

David Lamy, instructor and admissions councillor at Toronto's Elmcrest College, says a career in massage therapy offers people a rewarding lifestyle that can begin almost instantly upon graduating from their two-year program.

"Right now, there are more jobs available than there are people to do them," says Lamy, who has been a massage therapist for 11 years. He says this is because the various benefits of massage therapy have become more exposed in recent years and are increasingly recognized by many insurance plans as an essential health service.

In terms of career options, Lamy says there really isn't any avenue you can't pursue as a certified massage therapist.

Take 28 year-old Craig Knight for example. A certified massage therapist, entrepreneur and golf enthusiast, Knight started up a small business called Hands at Work almost immediately following graduation. The business focussed specifically on providing massage services in corporate environments. Basically, he would show up at your office with his massage chair and work his magic on employees.

However, as his business grew, he began to get more and more inquiries about appearing at corporate golf tournaments. Considering he knew quite a bit about the intricacies of golf, he figured he would switch gears and start focusing on a specific niche: Golfers.

"While in school I always believed that it was important to specialize and work within a particular niche market," says Knight. "There are thousands of practising massage therapists and I wanted to find a way to stand out."

He says his "ah-ha!" moment came to him while working a golf tournament and at least one golfer in every foursome he encountered was complaining of some type of golf-related pain. From that experience, he created a new business called TournamentTouch (tournamenttouch.com) that specializes in on-site massage therapy for golfers.

Of course, the golf season in Canada is only a few short months. This winter Knight took a position with Back9Fitness (back9fitness.com) in Fort Worth, Texas. Working with professional PGA Tour golfers like Rory Sabbatini, Jason Bohn and Jason Day, he helped these players in removing the physical barriers that were impacting their play.

With his help, these pros are now able to practise longer, move more freely and improve nearly every physical aspect of their game.

A career in massage therapy offers people a rewarding lifestyle that can begin almost instantly upon graduating, says David Lamy of Elmcrest College in Toronto.

For more of the Head to Toe exclusive series check Workology frequently or stop by: **metronews.ca/work**

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Nova Scotia NDP promises more community college seats

As part of its election platform, the NDP in Nova Scotia is promising to create an additional 250 seats at Nova Scotia Community College. Party leader Darrell Dexter says the extra seats are part of his campaign to ensure more young people stay in the province. METRO NEWS SERVICES

Twitter your biz to the top

CANICE LEUNG
Metro Canada

If there was any doubt micro-blogging and social networking site Twitter has arrived as a true online force, it will dissappear tomorrow when an estimated 300 people descend upon Mountain View, Calif., for 140: The Twitter Conference.

Over two days at the Computer History Museum, developers, bloggers, the entrepreneurial and PR-types will attend seminars on how to use Twitter to promote businesses.

It's being organized by Parnassus Group, a consulting firm that helps companies track and manage what's being said about them on social media — Twitter, Facebook, blogs, message boards and everywhere on the web.

The Twitter Conference may seem too miniscule topic to base an entire conference around — especially at $395 US a head — but Steve Broback, head of Parnassus, thinks otherwise.

"(Attendees) are Twitter enthusiasts, and want to commune with other early adopters of what is emerging as a pivotal web-based ecosystem," he says — and the way he puts it, it's a broad audience.

In such a connected age, it would be remiss for a company not to represent itself online, especially on Twitter, a format that lends itself to honest, direct conversations — the 21st century version of word-of-mouth.

"As individuals and consumers, we have a lot of power today that we never had in the past. We can share our impressions on anything, just about anywhere online," says Warren Sukernek, director of content marketing for Radian6, a Fredericton, N.B.-based company similar to Parnassus Group. "The really impactful ones (such as) a simple blog post can spread virally like wildfire."

That's why it's imperative for companies to maintain a strong Twitter presence, build relationships and respond to what's being said about them, he adds.

Companies successful on Twitter bear similarities. For example, JetBlue Airways (@jetblue) reports delays, announces fare sales and answers questions, while U.S. Internet provider Comcast (@comcastcares) has been a case study in amending its poor reputation. In 2006, a Comcast technician who fell asleep on a customer's couch while on hold with his own company support line became a YouTube embarrassment, but the company now works to prove they really do care, resolving any problem instantly through Twitter that might otherwise require being put on hold for hours. Both identify employees manning the Twitter account, to build a sense of personality to the conversation.

Sukernek uses the much-grumbled-about Rogers as a hypothetical example: "If you were to send a question to Rogers, and they didn't respond, your impression is that they failed, they stink. Whereas on the other hand, if you said something to them … and they responded within 10 seconds, and it was relevant, you'd think, 'Wow, that's cool that there's a person there.' Being on Twitter can humanize a company and a brand."

In a lot of ways, social networking sites really are what they're called. The time-old rules of traditional networking still stand, says Sukernek: Be friendly, helpful and ready to reciprocate. "Networking has existed forever and all the strong benefits of networking don't change today."

Getting started on Twitter

- Sign up and grab your company name right away.
- Listen for conversations or relevant keywords (using search.twitter.com) and responding appropriately.
- Share items you think your customers would be interested in. Twitter is about contributing to a conversation too.
- Personalize and humanize by identifying company reps by name.
- Search competitors and partners. See how they're using Twitter, and look at their followers to discover what they care about.

To follow the conference in real time on Twitter, go to search.twitter.com and look up #140TC. All attendees, including Metro's own Chris Tindal and Jodi Brown, are marking their posts with that tag.

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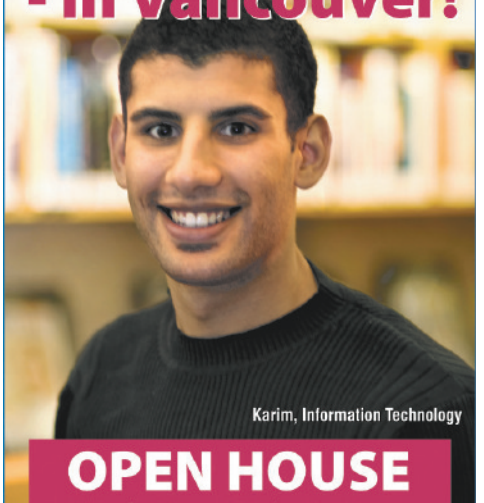
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Kissing at Cannes

Harvey Weinstein pressed Robert Pattinson into service at the Cannes Film Festival suggesting the actor auction off a couple of pecks on the cheek to someone's daughter. The Twilight star obliged, and each kiss ended up raising more than $30,000 US for AIDS charity amfAR. METRO WORLD NEWS

Entertainment

Film option

Jessica Biel is looking to expand her resume. Could a future film include boyfriend Justin Timberlake? "If it was the right thing, yeah, I would love to co-star with Justin," says Biel. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Authors recounts Lennon interview in new memoir

KEVIN COURRIER
for Metro Canada

When I "met" John Lennon back in 1966, after The Beatles' final Toronto concert, I accidentally tripped him as he was heading down a flight of stairs on his way to the group's press conference.

Author and lawyer Jerry Levitan did way better. As a 14-year-old determined Beatles fan, he snuck into Lennon and Yoko Ono's Toronto hotel room back in 1969. He ultimately got a taped interview with these two famous pop figures as they were launching their world peace campaign.

John Lennon

"The moment when I barged into the room and saw John and Yoko, I knew it was a profound moment," Levitan recalls. "I knew it would change my life forever." Indeed it did.

In 2008, his tape would subsequently form the basis of an Oscar- and recent Emmy-nominated animated short called I Met the Walrus. Now Levitan's dream story has been turned into a delightfully engaging and informal memoir (also titled I Met the Walrus) about how his brush with greatness altered his life in totally unexpected ways.

"Lennon was clearly the smartest (Beatle)," Levitan asserts. "His comments were always intelligent, sarcastic, cynical and witty. That appealed to me." Those attractive qualities are what fed Levitan's desire to meet Lennon.

"He was the kind of person I wanted to be." And when they met, they discussed the prospects for world peace and how high school students could best help in attaining it.

I Met the Walrus, which includes a DVD featuring Levitan's complete audio interview plus silent Super-8 footage, documents the details of his famous scoop.

I Met the Walrus

- The I Met the Walrus documentary recently received Daytime Emmy Award nominations and a nod from The Banff World Television Awards. The book hits stores in Canada tomorrow.

New face of TV sports

Score reality series Drafted seeks fledgling sportscasters

IAN JOHNSTON
for Metro Canada

Finding Canada's next great sportscaster isn't an easy job — even for an expert.

"There's no formula to it," says Derek Snider, sportscaster for The Score and executive producer of its new contest/reality series Drafted: The Search For Canada's Next Sportscaster. "I've personally made some great hires over the years. And some great blunders."

The contest — which begins holding cross-country tryouts in Halifax today — hopes to eliminate that guessing game with a rigorous national audition process.

It all leads to the "final five" contestants, who will duke it out on The Score in a series of "real world" sportscasting challenges. The winner of Drafted will get a one-year contract with The Score.

"We're only hiring one person, but the other final four will hopefully walk away with a great experience they can use in their own careers," says Snider, who has worked at The Score since 1997.

But to begin with, would-be sportscasters across Canada need only fill out a short application via Drafted's web site (drafted.ca). Snider says the response so far has been overwhelming.

"It's created quite a buzz. In the first three days, I think we got 550 applicants."

Experience is not a prerequisite for Drafted. Snider says on-air journalists will be considered equally alongside participants with nothing more than a passion for sports for all kinds.

"We have a different way of doing things at The Score. There are those who went the regular channels of school experience and working your way up the ladder. And those who had no education in broadcasting whatsoever, but who live and breath sports," he says. "We're looking for somebody. But we're not sure who that is yet."

Derek Snider, sportscaster for The Score and executive producer of its new contest/reality series Drafted: The Search For Canada's Next Sportscaster.

Get drafted

Think you got the stuff to become Canada's Next Sportscaster?

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Box office

Following are the top 10 films at the North American box office for the three-day weekend beginning May 22:

1. **Night at the Museum:** $53.5 million US
2. **Terminator Salvation:** $43 million
3. **Star Trek:** $22 million
4. **Angels & Demons:** $21.4 million
5. **Dance Flick:** $11 million
6. **X-Men Origins: Wolverine:** $7.8 million
7. **Ghosts of Girlfriends Past:** $3.7 million
8. **Obsessed:** $2 million
9. **Monsters vs. Aliens:** $1.4 million
10. **17 Again:** $1 million

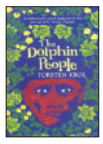
REUTERS

More Mary Tyler Moore

Growing Up **Again**

Author: Mary Tyler Moore
Publisher: St. Martin's Press
Price: $27.95 (Hardcover)

The celebrity namesake behind The Mary Tyler Moore Show doesn't shy away from disclosing her weaknesses. From the recovering alcoholic introduced in her 1995 autobiography After All, Moore shifts to the struggling Type 1 diabetic in Growing Up Again. The memoir vividly recounts Moore's often-combative attitude toward treating the disease, recalling episodes endured at public events and behind the scenes. By candidly sharing her experiences, Moore provides a guide chronicling "what not to do" for fellow sufferers, while sharing the humorous snapshots of her very public life and private loves.



The Dolphin **People**

Author: Torsten Krol
Publisher: McArthur & Company
Price: $24.95 (Paperback)

Hermitic Australian author Torsten Kroll presents an epic tale of post-WWII adaptation in The Dolphin People. Adolescent brothers Erich and Zeppi leave Germany to start fresh in Venezuela with their widowed mother, Helga. When Helga marries her brother-in-law doctor Klaus, her children seem relatively unfazed. But when the family hits a heavy storm while flying to the jungle where Klaus is set to work, their plane crashes into an Amazonas river, forcing them to bond quickly. Rescued by the Yayomi, the family learns to adjust, until the boys discover Klaus has something to hide.

Memory: An **Anthology**

Editors: Harriet Harvey Wood & A.S. Byatt
Publisher: Vintage Books
Price: $34.95 (Paperback)

What is a civilization without memory? Its absence prohibits us from making historical connections, chronicling change or improving for the future. In the three-part Memory: An Anthology, the mysterious mental power is dissected in a score of essays by a selection of classic and contemporary academics and thinkers. From memory's links to childhood and imagination to its influences in art and science, the collection approaches memory from a plethora of perspectives, intertwined with writings by Shakespeare, Woolf, Wordsworth and others.

BRIAN COULTON/FOR METRO CANADA

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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/25/09	251	308	3 CBC	22 Minutes	Laughs	The Englishman's Boy (2008) (Part 2 of 2) Michael Therriault.				CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	The Soup (N)	How I Met	My Boys	Engagement	The Best Years (N) (CC)		CHEK News at
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Big Bang Th	Gary Unmarr	Two/Half Men	Old Christine	CSI: Miami "Deep Freeze"		CTV News
	-	-	10 OMNI	The Daily	Frasier (CC)	One Tree Hill "Hundred"		One Tree Hill (CC)		Scrubs (CC)	Randall Mark	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Emancipation" (CC)		Bones (PA) (CC)		Hip to Be Holy (N) (CC)		News (N)
	256	389	12 VI	The Road to Avonlea		The Craft ★★ (1996, Horror) Robin Tunney, Fairuza Balk.				Medium (N) (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		The Bachelorette (N) (CC)				Here Come the Newlyweds		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	One Tree Hill "Hundred"		One Tree Hill (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami "Deep Freeze"		News
	287	379	16 NBC	Evening Mag.	Inside Edition	Dateline NBC (CC)				Medium (N) (CC)		KING 5 News
	602	568	19 W	Will & Grace	Friends (CC)	How Clean	Kim	Love It or List It		The Agents	House	Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	The Bachelorette (N) (CC)				Here Come the Newlyweds		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Homegrown ★★ (1998) Billy Bob Thornton, Hank Azaria.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Antiques	Antiques Roadshow (N) (CC)		Renegade Genius (CC)		Hallowed Grounds (N) (CC)		Peter, Paul
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Emancipation" (CC)		Bones (PA) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	35 PBS	Fighting for Life ★★★ (2008, Documentary)			Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	55 TLA	Two/Half Men	Two/Half Men	One Tree Hill "Hundred"		One Tree Hill (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	33 WGN	MLB Baseball: Pirates at Cubs		WGN News	One Tree Hill "Hundred"		One Tree Hill (CC)		Friends (CC)	My Wife-Kids
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Bring Wall St
	199	311	66 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		Stolen Babies, Stolen Lives		National
	500	500	33 CNN	Anderson Cooper 360 (CC)		Anderson Cooper 360 (CC)		Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Red Bull: Air Race		Hockey	MMA Conn	The Ultimate Fighter		Sportsnet Connected		Sportsnet
	400	400	30 TSN	NBA Basketball: West Final			SportsCentre (Live) (CC)		UEFA Weekly	Score Golf Television Special		SportsCentre
	411	457	39 OLN	Bounty Hunter	Bounty Hunter	Departures (CC)		Mantracker "Jordan & Suzie"		Bounty Hunter	Bounty Hunter	Departures
	410	403	24 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	25 SC	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR		SuperCars	SuperCars	Auctions
	416	409	144 GLF	(6:00) Fútbol		Gol TV News	Ole: La Liga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	29 YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN (CC)	Futurama	Punch (CC)	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Comfy Couch	Big & Small	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Undersea	Landscape	Around the World		Sense Memories		On Screen (CC)		Haida Art
	575	583	20 CMT	Hope & Faith	Hope & Faith	CMT's Greatest		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	MuchNews	Video on Trial	One Tree Hill (CC)		Shot at Love-Tila Tequila		MuchNews	Video on Trial	Spotlight
	600	564	45 H&G	House	House	Holmes on Homes (CC)		Property	Income Prop.	My First Place	For Rent	House
	615	520	51 A&E	Obsessed "Helen; Scott"		Crime 360 "Ashes to Ashes"		Intervention "Sandy" (CC)		Intervention "Gabe" (CC)		Obsessed
	628	584	52 SPKE	4th and Long (N)		Pros vs. Joes: All Stars (N)		CSI: Crime Scene Invstgtn.		When Animals Attack III		Attack IV
	521	560	54 TLC	Cake Boss (N)	Cake Boss	Jon & Kate	Jon & Kate	Jon & Kate Plus 8 (CC)		Cake Boss	Cake Boss	Jon & Kate
	616	522	65 SHO	The Outer Limits (CC)		Cashing In	Kink in Hair	Kenny-Spenny	Kenny-Spenny	Name Is Earl	The Office	House "DNR"
	620	523	70 BVO	(6:00) Magic Flute Diaries		Law & Order "License to Kill"		Without a Trace (CC)		The Tao of Steve ★★★ (2000) Donal Logue.		
	601	562	41 SLC	My Wardrobe	So Chic	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	62 DIS	Canada's Worst Handyman		Daily Planet (CC)		MythBusters "MacGyver."		Canada's Worst Handyman		Dirty Jobs
	522	506	44 HIS	NCIS "Tribes" (CC)		Hero Ships "USS New York"		For King and Country (CC)		NCIS "Tribes" (CC)		Sea Hunters
	627	528	45 SPC	Nature Unleashed: Tornado		Stargate SG-1 "Memento"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	67 TBS	Name Is Earl	Name Is Earl	Bill Engvall	Sex and-City	Sex and-City	Men in Black ★★★ (1997) (PA) Tommy Lee Jones. (CC)			
	619	525	68 TROP	Vanity	E News	Carlawood	Prod. Parker	Ground Up		Are You Smarter		Make
	603	561	69 FN	Kitchen Nightmares (CC)		Restaurant Makeover (CC)		Unwrapped	Unwrapped	Work for Food	Glutton	Food
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Bill Engvall: Your Sign		Daily Show
	320	621	30 CEN	Just Business (2008) Gina Gershon. (CC)			Tracey Ullman	The Line (N) (CC)		U.S. of Tara	Secret Diary	Tracey Ullman
	581	566	101 MTV	The Hills (N)	After Show	MTV Live	MTV News	True Life (CC)		The Hills	After Show	MTV Live
	261	394	102 V	Twist of Faith	Clergy	Poltergeist: The Legacy		Hope and Glory ★★★ (1987) Sebastian Rice-Edwards, Sarah Miles. (CC)				
	-	-	199 MUL	Eight Heroes	Kingdom-Wind	Can't Live Without Her		Marimar		Pinoy	Pinoy Records	Patrol World

critics'corner

Hallowed Grounds
This poignant Memorial Day special visits 22 military cemeteries in such countries as England, France, the Netherlands, Italy, Luxembourg, Belgium, Tunisia and the Philippines, interspersing historical footage with contemporary scenes and moving personal stories of the men and women who are buried there. 10 PM on PBS

Dirty Jobs
Host Mike Rowe heads to Oxnard, Calif., home of the Dirty Potato Chips company, the state's only independent chip manufacturer. Much of the slicing and cooking is done by hand, so it's no shocker that Mike finds ways to participate. Though he's quite proficient at taste-testing, he's rather a dip at mixing ingredients. Mike tries to pour the spices and powders into a machine and instead coats one of his long-suffering cameramen with the concoction. 6 PM on DIS

Hurley wants a comeback

Elizabeth Hurley is desperate to get back into movies. The actress — who's married to businessman Arun Nayar and has a son Damian,7, from a previous relationship — misses her old career and would love to squeeze a film project into her busy life. FEMALEFIRST.CO.UK

Celebrity Buzz

Kiefer's charges could be dropped?

CATCHING A BREAK? Kiefer Sutherland and the alleged victim of a head-butting incident have resolved their differences, clearing the way for an assault charge against the actor to be dismissed, people.com reports.

Sutherland apologized to fashion designer Jack McCollough, who claims the 24 star broke his nose in a scuffle at a New York nightclub on May 5.

"I am sorry about what happened that night and sincerely regret that Mr. McCollough was injured," Sutherland said in a joint statement released to the media.

McCollough said in the statement: "I appreciate Mr. Sutherland's statement and wish him well," according to release.

The resolution of their differences increases the chances the Manhattan District Attorney will ask the judge that the case be dropped, people.com adds. Sutherland, 42, was charged with third-degree assault, a misdemeanour.

GETTY IMAGES

Sutherland's next scheduled court appearance is June 22. Sutherland, who's currently serving a five-year probation term for a DUI conviction, may not be off the hook with L.A. prosecutors, who've stated their intention to review the New York case as a possible probation violation and could seek possible jail time, people.com reports.

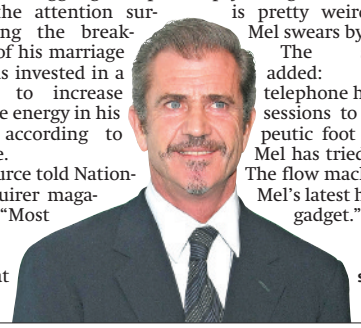
"We have requested the incident report from NYPD and we will assess the situation when we have all the available information," L.A. Attorney spokesman Frank Mateljan tells People. METRO NEWS SERVICES

Mel's weird gadgets

COPING MECHANISM Mel Gibson has splashed out $100,000 US on a machine to help him cope with his stressful private life, femalefirst.co.uk reports.

The actor, whose wife Robyn filed for divorce in April, is struggling to cope with the attention surrounding the breakdown of his marriage and has invested in a device to increase positive energy in his body, according to the site.

A source told National Enquirer magazine: "Most people would look at the flow machine and think Mel has lost his mind. You lie on this machine and strap your feet in. The device then emits some kind of torsion field waves that are supposed to unlock clogged energy, which eases psychological tension. It is pretty weird, but Mel swears by it."



The source added: "From telephone healing sessions to therapeutic foot baths, Mel has tried it all. The flow machine is Mel's latest holistic gadget." METRO NEWS SERVICES

Hey, paparazzi: Paris' phone lost

UH OH Paris Hilton had a scare while at the Cannes Film Festival last week. The heiress lost her phone, and was seen frantically retracing her steps at the Hotel Du Cap.

"I don't know where or when it went missing but I know I've got to find it," Hilton told the Daily Mail. "It's the worst thing that could have happened. It has all my contacts in it and the last thing I want is for it to fall into the wrong hands." METRO WORLD NEWS

Nigel ignites Dance furor

OH NO YOU DIDN'T Nigel Lythgoe is defending his comments against a same-sex dance pair on Thursday night's So You Think You Can Dance premiere, usmagazine.com reports.

The judge sparked outrage after he told male partners Misha Belfer and Mitchel Kibel: "I think you will probably alienate a lot of our audience. I mean, we've always had the guys dance together on the show, but they've never really done it in each other's arms before.

"Do you know what? I'd like to see you both dancing with a girl," he continued.

After the show, he posted on Twitter: "The same-sex ballroom guys did remind me of Blades of Glory. However, I'm not a fan of Brokeback ballroom."

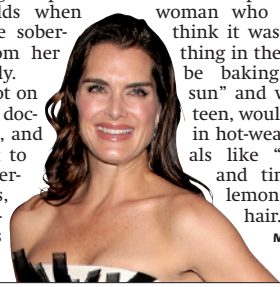
GLAAD president Neil G. Giuliano released a statement Friday: "It's unacceptable for this kind of blatant homophobia to occur. Fox Entertainment and Nigel Lythgoe owe Misha, Mitchel and the whole LGBT community an apology."

Lythgoe stuck by his comments on Twitter, writing in response: "I am very sad the word 'homophobe' is being used. That is someone who hates homosexuals. I dislike effeminate dancing! Wake up and listen!" METRO WORLD NEWS

Sun seeker Brooke reformed

BEAUTY RITUAL She's got one of the most recognizable — and radiant — faces in the world. But years of sun worship caught up with Brooke Shields when she got some sobering news from her doctor recently.

"I had a spot on my face. The doctor scraped it, and it turned out to be precancerous," Shields, 43, tells People. "I was scared."



The Lipstick Jungle actress had the spot removed and says she's doing "fine." But the cancer scare served as a wake-up call for a woman who "used to think it was the best thing in the world to be baking in the sun" and who, as a teen, would indulge in hot-weather rituals like "baby oil and tinfoil and lemon in your hair." METRO NEWS SERVICES

Kelly's custody battle goes down the potty

FAMILY DYSFUNCTION Gossip Girl star Kelly Rutherford and her ex-husband Daniel Giersch continued their custody battle of two-and-a-half-year-old son Hermès at Los Angeles County Superior Court in Santa Monica last Friday, usmagazine.com reports.

The couple — who filed for divorce in January after two years of marriage — is also fighting over a litany of other parenting issues — including when Hermès, who is set to enter preschool this fall, will be potty trained. (Rutherford has also told Us she continues to breast-feed her son.)

Rutherford and Giersch agreed to have their son wear a pull-up diaper and begin potty training when he "desires."

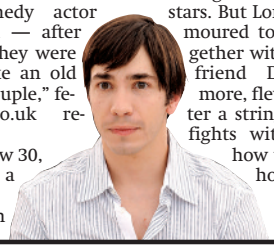
Rutherford — who is about eight-and-a-half months pregnant with the couple's second child, a girl — said her kid began to "change" when his German businessman father tried to potty train him.

Amir Pichvai, the court-appointed child attorney for Hermès, said the parents need to work together to "avoid confusion to the child" on the potty training issue. Their next custody trial dates are set for late July. METRO NEWS SERVICES

Justin dumps roommate

GROWING UP Justin Long was forced to move out of the California home he shared with comedy actor Jonah Hill — after realizing they were acting "like an old married couple," femalefirst.co.uk reports.

Long, now 30, set up a bachelor pad with 25-year-old Hill while they pursued their dreams of making it big as movie stars. But Long, who's rumoured to be back together with on-off girlfriend Drew Barrymore, flew the nest after a string of nagging fights with Hill over how to keep their house clean. METRO NEWS SERVICES



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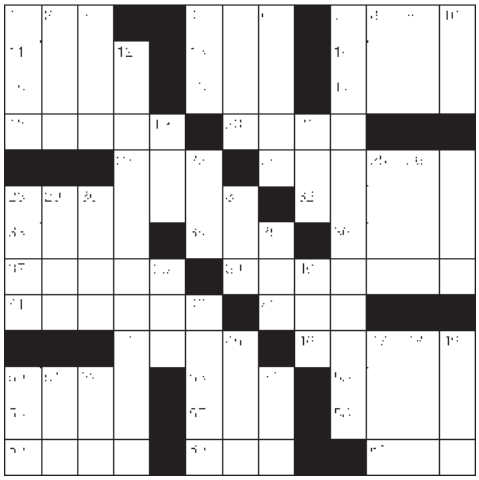


Crossword across

1 I love (Lat.)
4 Recede
7 Detest
11 Overextended
13 Hair-salon item
14 First victim
15 Afrikaner
16 "— whiz!"
17 57-Across site
18 Confused
20 On pension (Abbr.)
22 Commotion
24 Snapshots
28 Automobile framework
32 Bring forth
33 Sharpen
34 Matlock's field
36 A Great Lake
37 Enola Gay payload
39 Units of measure
41 Pay
43 "Cool!" (Sl.)
44 Furtive call
46 Teeny-tiny
50 Dog bane
53 Pick a target
55 Counterfeit
56 Prison compartment
57 Floral adornment
58 Polynesian carving
59 Serene
60 "— Winterbourne"
61 Favorite

Crossword down

1 Actress Jessica
2 Academic
3 Individuals
4 Omelette necessity
5 "Cheers" order
6 Censor's sound
7 Quickly and in large amounts
8 Homer Simpson's dad
9 Sleuth
10 Wapiti
12 Request for a bribe
19 Billboards
21 Definite article
23 Lubricate
25 Ripped
26 "Grapes of Wrath" type
27 Gets a glimpse of
28 Bloke
29 Vagrant
30 Unsigned (Abbr.)
31 Despondent
35 Marry
38 Clear the tables
40 Prized possession
42 Song of praise
45 Layer
47 Ante, maybe
48 Autumn tool
49 Leave out
50 Media watchdog org.
51 Meadow
52 Right angle
54 Wrong (Pref.)

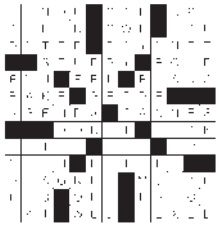
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1		2	8		9			
8					2	9		
	7				4		6	
	8			5				3
	6						8	
3				8			9	
	1		6				3	
		5	7					4
			1		3	8		2

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	4	5	7	1	9	8	3	6
6	3	7	8	4	5	2	1	9
9	1	8	6	2	3	5	4	7
8	9	3	1	6	2	7	5	4
4	5	2	3	7	8	9	6	1
1	7	6	9	5	4	3	2	8
3	2	1	4	9	7	6	8	5
5	6	9	2	8	1	4	7	3
7	8	4	5	3	6	1	9	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Pepper Steak with Leek Mashed Potatoes

INGREDIENTS:

2 tbsp (25 ml) mixed or black peppercorns, coarsely crushed
4 beef tenderloin steaks, 3/4-in. (2 cm) thick, trimmed
1 tsp (5 ml) extra virgin olive oil
chopped parsley or snipped fresh chives to garnish

LEEK AND MUSTARD MASHED POTATOES:

2 lbs (900 g) potatoes, peeled and cut into chunks
2 tsp (10 ml) extra virgin olive oil
200 g leeks, finely chopped
1/2 cup (125 ml) low-fat milk
1 tbsp (15 ml) whole-grain mustard
1 1/2 tbsp (25 ml) reduced-salt margarine
pepper to taste

METHOD:

1. Place potatoes in pot and pour over boiling water to cover by 2 in. (5 cm). Bring back to boil, then reduce heat and cook for 15–20 minutes or until potatoes are very tender.
2. Meanwhile, spread crushed peppercorns on plate and press steaks into them until coated with peppercorns on all sides.
3. Heat oil for mashed potatoes in nonstick frying pan. Add leeks and cook, stirring constantly 3–5 minutes or until tender. Transfer to plate lined with two layers of paper towel to drain. Heat milk in pot until hot.
4. When potatoes are tender, drain them, shaking colander or sieve to remove any excess water, and return to pan. Pour hot milk over potatoes; mash until completely smooth. Add leeks, mustard and margarine, and season with pepper. Beat well to mix, then cover and keep warm.
5. Heat ridged cast-iron broil pan over high heat until hot. Brush pan with olive oil, then reduce heat to medium-high. Place steaks in pan and cook 3 minutes per side for rare, 3 1/2 minutes per side for medium-rare, 4 minutes per side for medium, 5 minutes per side for well done.
6. Mound potatoes on each warmed plate and place steak next to it. Drizzle pan juices over steaks and sprinkle with parsley or chives. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
This should be a fun time of year for you, so push so-called serious matters aside and seek out people you can enjoy yourself with.

TAURUS ♉
APRIL 21-MAY 21
There's still much you can achieve this year, but to make the most of your talents you need to cut back on your plans. Be selective.

GEMINI ♊
MAY 22-JUNE 21
A new solar year is under way and you have every intention of making it the best one ever. If you can imagine it, you can do it.

CANCER ♋
JUNE 22-JULY 22
The sun is transiting the most thoughtful area of your chart, so just this once look back and wonder how taking a different course would have turned out.

LEO ♌
JULY 23-AUG 23
This is a truly excellent time for friendships, social events and group activities so get out and about and see and be seen.

VIRGO ♍
AUG 24-SEPT 22
Your destiny is in your hands and that's a fact you can no longer deny. Events matter, but how you choose to react to them matters more.

LIBRA ♎
SEPT 23-OCT 23
The sun in Gemini at this time of year encourages you to be more adventurous, and if that means cutting ties that bind then so be it.

SCORPIO ♏
OCT 24-NOV 22
It's no longer a case of "if" you will have to make changes to your financial situation but "when." Think long-term but act soon.

SAGITTARIUS ♐
NOV 23-DEC 21
The sun's transit of your opposite sign of Gemini means partners and loved ones have the upper hand — for the time being, at least.

CAPRICORN ♑
DEC 22-JAN 20
You may be eager to do more and do better but the planets warn you cannot possibly keep up this red hot pace forever.

AQUARIUS ♒
JAN 21-FEB 18
The sun in Gemini makes you eager to get started but your aim today must be to get your priorities straight. Focus comes first.

PISCES ♓
FEB 19-MARCH 20
Cosmic activity suggests something will upset you today. Have a good cry if it makes you feel better. You'll bounce back tomorrow.

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